

Coconino County Public Health Services District

May 2016





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## COCONINO COUNTY BOARD OF SUPERVISORS

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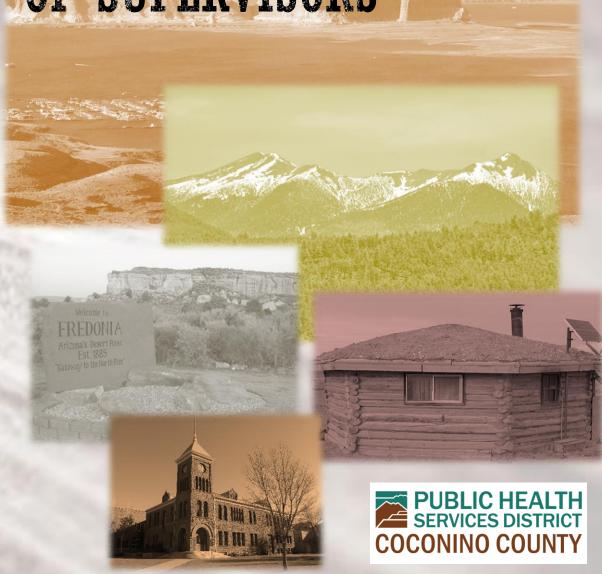
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## TABLE OF CONTENTS

- 1. Introduction
- 2. Key Health Issues
- 3. Mortality
- 4. Premature Loss of Life
- 5. Native American Health Issues
- 6. Health Priorities Identified by Stakeholders
- 7. Public Health System Assets by Region
- 8. <u>Data Sources</u>





## BACKGROUND

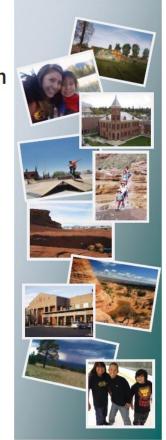
- In June of 2013, the Coconino County Public Health Services District (CCPHSD) published the Coconino County Community Health Assessment (CHA). The report provided data on the county's health assets, demographics, leading causes of death and illness, and residents' perspectives on their health. This assessment provides a platform for community-wide health improvement collaborations, and serves as a resource for policies, budgets and programs.
- Many sources were used to provide information on health and health-related conditions and factors in Coconino County. Both state and national databases, in addition to county agencies, proved to be very valuable resources for county level data.

"The next **complete** health assessment will be published in **2018**."

- Community-specific data were included, as available. Also, as available, comparisons were made both to the state of Arizona and to the United States.
   Finally, community input was obtained through a web-based survey, a mailed survey, and focus groups.
- A link to the report:
   <a href="http://www.coconino.az.gov/DocumentCe">http://www.coconino.az.gov/DocumentCe</a>
   <a href="http://www.coconino.az.gov/DocumentCe">nter/View/2480</a>
- In accordance with an established best practice of producing a new community health assessment every five years, the next complete health assessment will be completed in 2018.

## Coconino County Community Health Assessment

June 2013 V.2

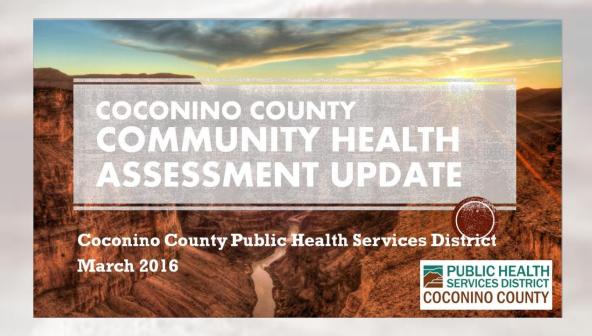






## THE CHA UPDATE

- This report, the Coconino County Community Health Assessment Update 2016, is an interim report that includes more recent data than does the Coconino County Community Health Assessment 2013.
- This update is less inclusive than the 2013 health assessment due to limited resources. As an example, it features recent input from community agencies in 2015 but does not contain feedback gained directly from residents.
- As such, the update is intended to be a supplement to the 2013 report, not a stand-alone document. Information not found in this report may be available in the original report.
- Stakeholders and contributors identified many topics to include in the community health assessment. Including all of these topics was beyond the scope of this report, but will be considered for the planned 2018 report.
- The update was developed using the Association for Community Health Improvement model, a nationally



recognized model for health assessments. The model includes best practices such as including a group of advisors in the design, development, and publishing of the report (see "Contributors" on Slide 2), using multiple reviewers to ensure accuracy and clarity, and drawing upon various data sources for information (see "Data Sources" on the last slide).

 The update will be used to fulfill the requirements for several standards required by the Public Health Accreditation Board.



## About Coconino County

Situated in Northern Arizona, Coconino County is home to spectacular landscapes. Visitors from around the world are drawn to the region's natural beauty and cultural diversity. Attractions include Grand Canyon National Park, Oak Creek Canyon, Sunset Crater National Monument, Lake Powell.

With 18,608 square miles and 11,886,720 acres of land, Coconino County is the largest county in Arizona and the second largest county in the United States. Roughly half of the land is public property, and 38% belongs to American Indian communities, including the Navajo, Hopi, Hualapai, Havasupai, San Juan Southern Paiute, and the Kaibab Band of Paiute Indians. Of the 12% of land that is privately owned, three-fourths is owned by about 10 large ranch owners.



#### Coconino County Demographics

55% of residents are white 25% of residents are Native American

14% are Hispanic 6% other

Coconino County population: 137,682

4.0/0
of students
drop-out of SCHOOL

1 in 16
residents is UNEMPLOYED

9 in 10
Native American residents
are Navajo



More than 1/2of residents are under
35 years old

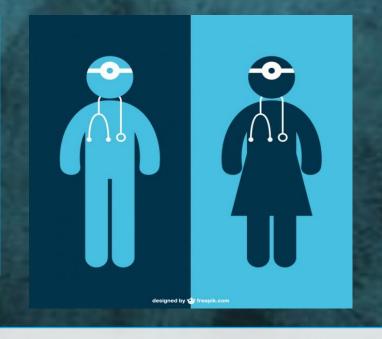
# O KEY HEALTH ISSUES

The following slides show data on CCPHSD's three priority public health issues: access to health care, injuries, and chronic disease. These issues were selected in 2013 based on epidemiological data, stakeholder input, and community input.

## PRIORITY AREA: ACCESS TO HEALTH CARE

The Health Resources Services Administration has designated areas of Coconino County as

#### Health Professional Shortage and Medically Underserved



Coconino County

CHILDREN (under 18)

without health insurance in 2014:

1 in 6

Coconino County ADULTS without health insurance in 2014:

1 in 5

## PRIORITY AREA: INJURIES

Coconino County children (under 20) are

670/0 more likely

and adults are  $\frac{37\%}{0}$  more likely than Arizonans to

from an injury

Coconino County children and teens (under 20) are

 $\frac{32\%}{0}$  more likely

and adults are 68% more likely than Arizonans to DIE in a motor vehicle accident

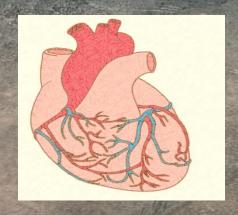
**Native Americans are** 

60% more likely than whites to DIE from an injury in Coconino County

## PRIORITY AREA: CHRONIC DISEASE

#### Cancer and cardiovascular disease

are the leading causes of death in Coconino County and make up 43% of all deaths.



1 in 4 Coconino
County adults is
obese

2015 Coconino County emergency and inpatient hospital visits:

2,774 for heart disease

**515** for diabetes

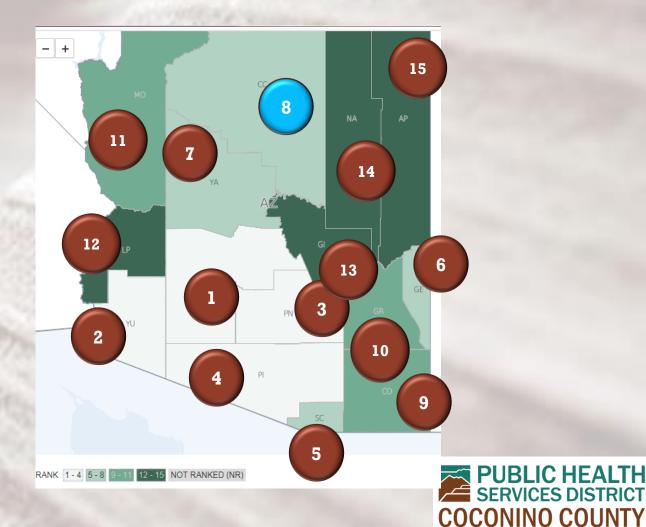
**558** for cancer

## COCONINO COUNTY RANKED 8TH IN AZ

The Robert Wood Johnson Foundation's County Health Rankings and Roadmaps ranked Coconino County

8th of 15 Arizona counties in terms of overall positive health outcomes

http://www.countyhealthra nkings.org/app/arizona/20 16/overview



#### COUNTY RANKED #1 IN RESIDENTS' PHYSICAL ACTIVITY



- Ranked 1<sup>st</sup> of 15 AZ counties for leisure time physical activity
- Ranked 4<sup>th</sup> county for social and economic facts such as higher education level, less crime
- Ranked 2<sup>nd</sup> for driving short commutes or using alternate transportation to work





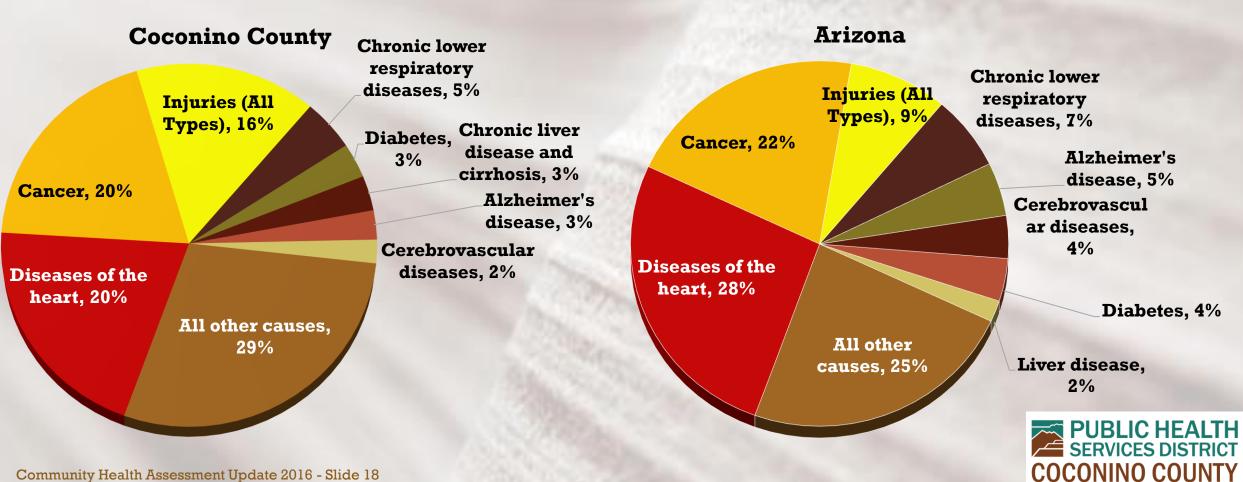
#### COUNTY RANKED #13 OF 15 IN HOUSING

- Ranked 8<sup>th</sup> for percent of residents who are insured
- Ranked 13<sup>th</sup> for having appropriate housing available for residents
- Ranked 13<sup>th</sup> for percent of diabetic Medicare enrollees that receive HbA1c monitoring

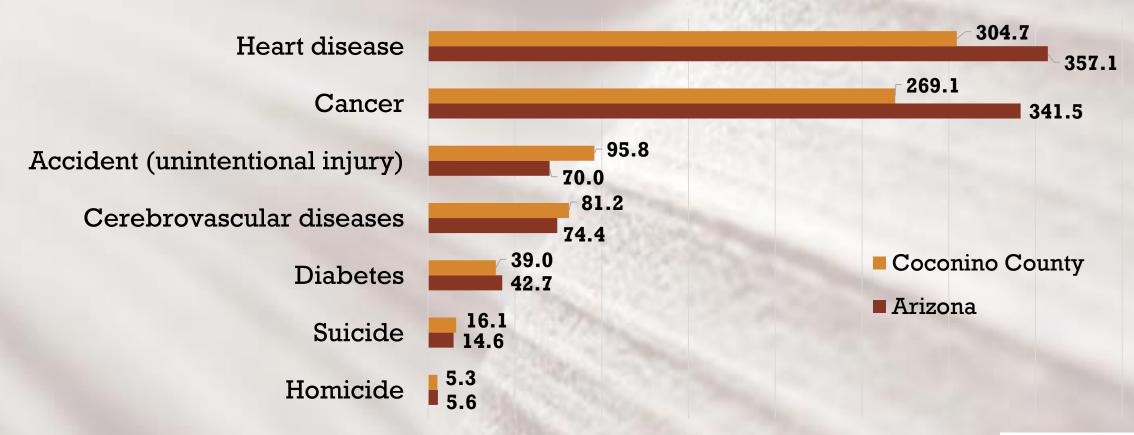




## LEADING CAUSES OF DEATH IN COCONINO COUNTY, AZ: CANCER, HEART DISEASE, INJURIES



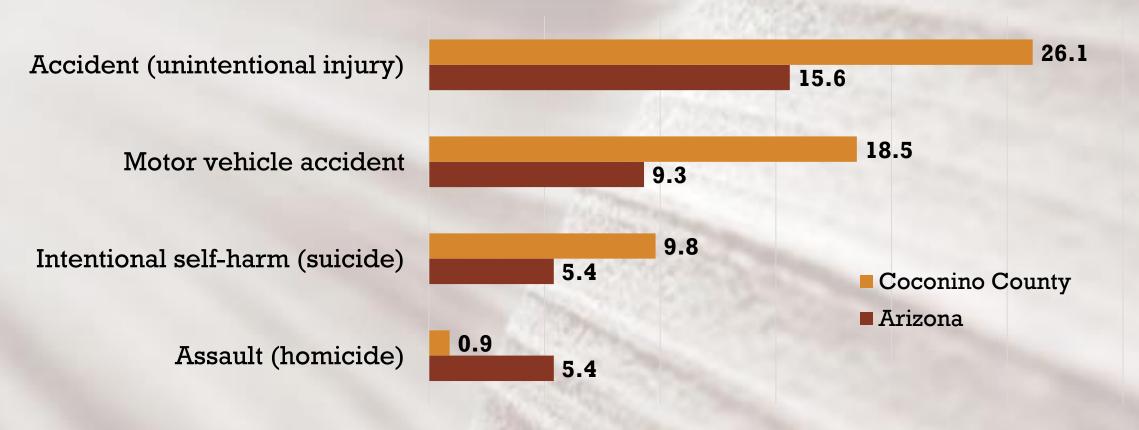
# LOWER CHRONIC DISEASE DEATHS, HIGHER RATE OF INJURY DEATHS FOR COUNTY ADULTS VS. AZ ADULTS



Deaths per 100,000 Residents in Each Group



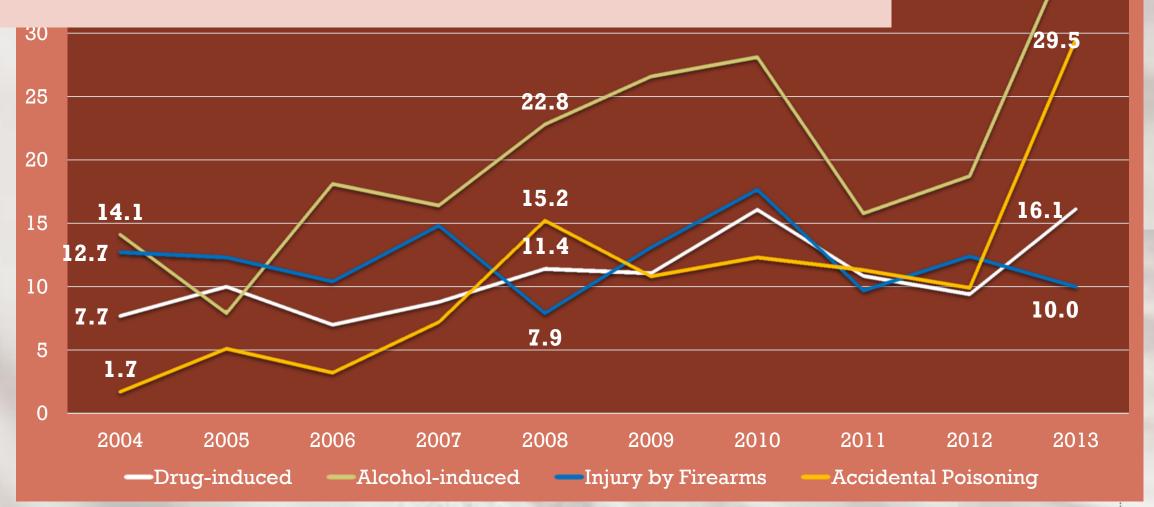
# HIGHER RATE OF INJURIES FOR COUNTY CHILDREN VS. AZ CHILDREN



Deaths per 100,000 Residents in That Group



# INCREASES IN ALCOHOL-INDUCED, ACCIDENTAL POISONING DEATHS



37.8

## O PREMATURE LOSS OF LIFE

Premature mortality highlights the conditions that take the lives of younger people. For example, only a small percent of people with Alzheimer's die before 79 years old (the average age at death in the U.S.) while a large percent of those who commit suicide die before that age. Often, communities look at the conditions with a high premature loss of life and explore ways to prevent these deaths.



# HOMICIDE, SUICIDE, ACCIDENTS ARE CAUSES OF PREMATURE MORTALITY

The average age at death for Americans is 79 years old.

In Coconino County, 5 of 6 residents who died in accidents died prematurely - at an age younger than 79 years old.

100% of Coconino County residents who died from suicide or homicide, died at an age younger than 79 years old.

Suicide, Homicide,

Accidents





# NATIVE AMERICAN HEALTH ISSUES

## NATIVE AMERICANS: PREMATURE LOSS OF LIFE

For a Native American resident of Coconino County, the median age at death from...

Assault is 28 years old
Suicide is 30 years old
Motor vehicle accident is 31 years old
Falls is 54 years old





# SOME INJURY DEATHS MORE COMMON FOR NATIVE AMERICANS IN COUNTY

Poisoning by drugs/medicines

**Falls** 

Poisoning by gases/vapors

Motor vehicle accidents

RATE PER 10,000 NATIVE AMERICAN RESIDENTS









RATE PER 10,000 WHITE RESIDENTS









Background: Coconino County
Public Health Services District
(CCPHSD) convened two meetings
in November 2015 to discuss
planning and updating of the
Community Health Assessment
(CHA) and Community Health
Improvement Plan (CHIP).

**Stakeholders:** Participants included clinical health care organizations, tribal health agencies, non-profit social services, educational institutions, public safety, housing and transportation agencies, elected officials, and others.

**Purpose**: To identify health issues that Coconino County stakeholders see as important.

The northern region meeting was held in Page on November Page 10.2015. Río Colorado North Rim Grand Canyon Cameron Kykotsmovi, Village First Mes Second Mesa Tolani Lake The southern region meeting was held in Flagstaff on November 17, 2015. [93]

## RESULTS

Stakeholders in both regions identified six public health priority areas as shown below (white type). Stakeholders in the Southern Region identified the same issues and added three additional priority areas (salmon type).



# Access to health care Chronic disease Employment/poverty Mental health issues Risk factors/risk behaviors Violence/crime Health disparities Infectious diseases Injuries Oral health

PUBLIC HEALTH

COCONINO COUNTY

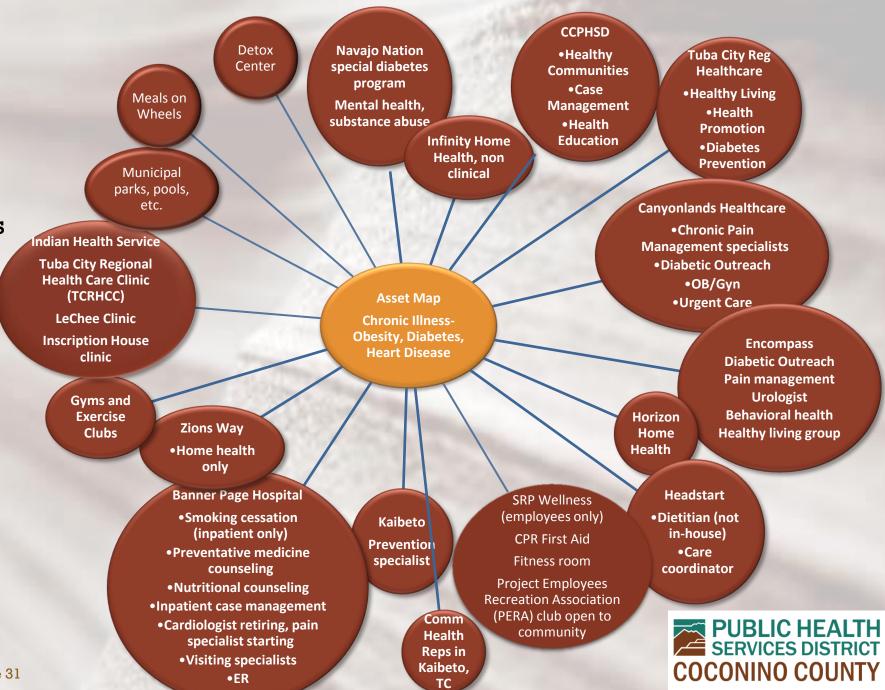


These resources were identified by public health system stakeholders at two community meetings held in November 2015.



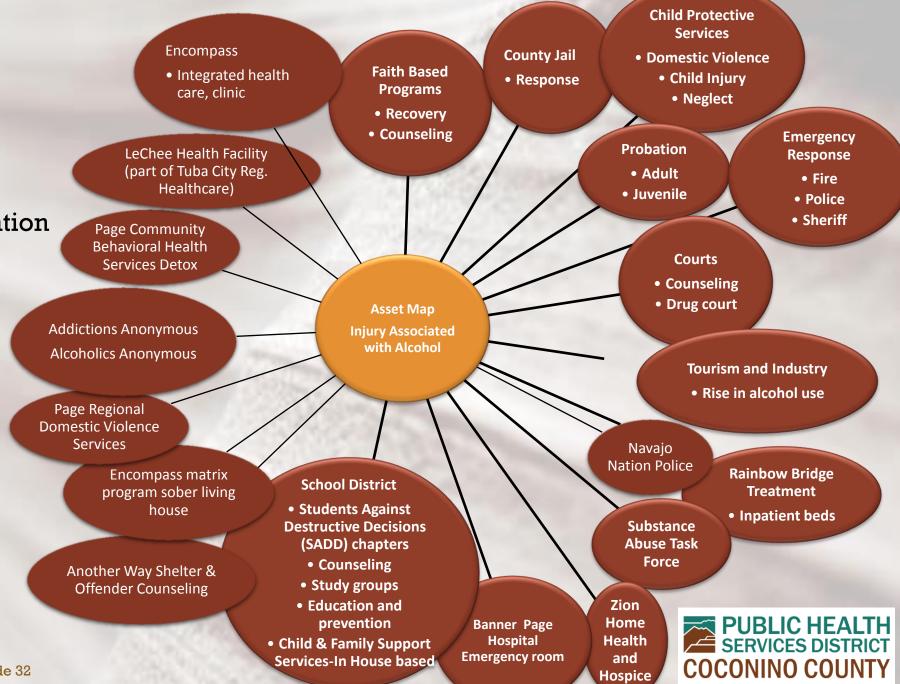
## NORTHERN REGION

Assets for chronic illness



## NORTHERN REGION

Assets for injury prevention



## NORTHERN REGION

Assets for access to care



**COCONINO COUNTY** 

# SOUTHERN REGION

Assets for chronic illness

#### Diabetes Together (Flagstaff Medical Center, w/community grant)

All organizations participate Health initiative-goals Northern Arizona Resources Guide Diabetes screening Food survey in Sunnysidedialogue with healthcare providers Medical Assistants training

#### Flagstaff Medical Center/Northern Arizona Health Care

6 clinics
Referrals
Kids with high BMI
Kids at school
increasing activity
Health education

#### North Country HealthCare (Flagstaff)

Care management for patients from high risk-A1C's over 9, cardiac episode
Depression patients
Girls on the Run -12 week curriculum, body image
Sunnyside Hermosa Vida-elementary school physical activity, produce, healthy lifestyle.
Mountain Heart-wellness, dietician, nutrition, transition

#### Flagstaff Medical Center Telemedicine

Accepts referrals from hospital or community Send patients home with equipment Nurse follow-up

#### Asset Map Chronic Disease (Part 1 of 2)

## Care Coordination Williams/North Country HealthCare agencies

Want to reach out to discharged, meds
Diabetic education
Outpatient

#### North Country HealthCare

Retinal screening
Intensive management
classes
1 on1 nutrition
Support groups
Diabetes appointments with
educators

#### North Country HealthCare-Williams

Diabetic Nutrition Refer kids to Flagstaff Medical Center Refer kids to own clinic

#### Native Americans for Community Action

Substance-kids
Depression screening,
HIV, activity for kids
Wellness Centercardio, obesity

#### **CCPHSD**

Tobacco/chronic disease
Quit smoking
Healthy living class
Caregivers

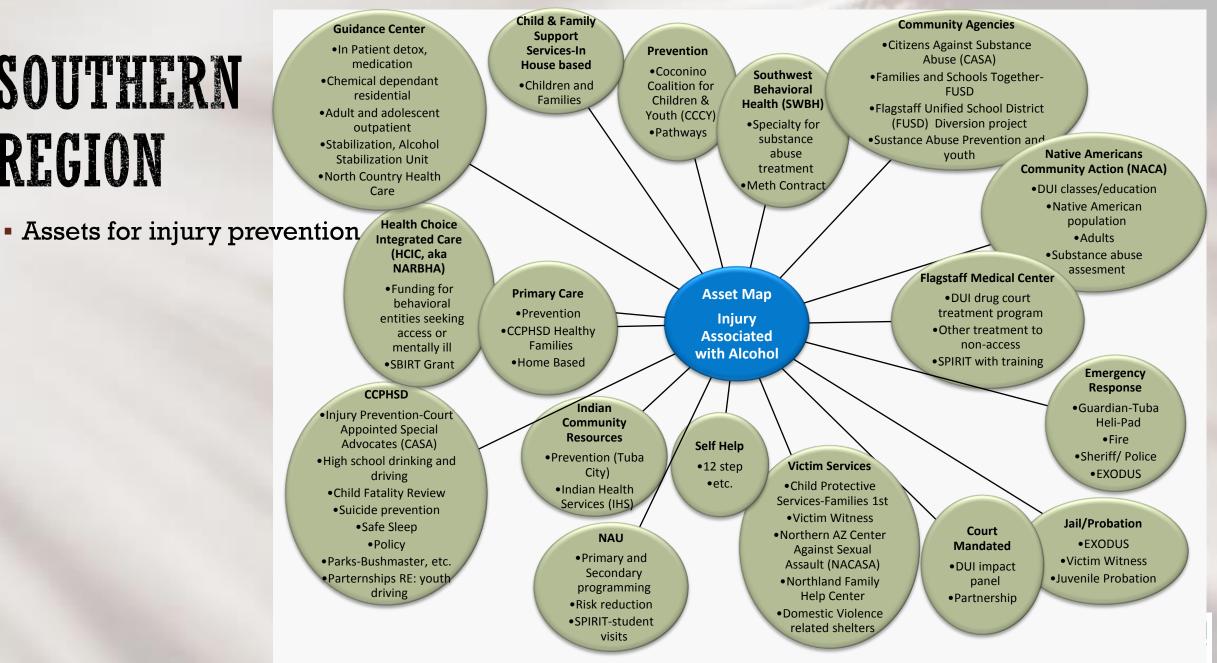
# SOUTHERN REGION

Assets for chronic illness

#### **Tuba City Reg. Healthcare AZ Nutrition Network YMCA** Healthy Living center-Low income schools-nutrition exercise, nutrition, etc. for Diabetes **Northern Arizona Trust** Seniors support group, patients Employee only wellness-Walking school buses prevention, Telemedicine county, community Policy change in school Primary care maintenance colleges, other gov't and Active community exercise Small charge dependents Native Americans only Coordinate resources Classes on yoga, nutrition 10 locations **Guidance Center** 1 on 1 nutrition, cooking, Behavioral health weight loss services Native Americans for Community Action-Northern Arizona out patient **University** Health **Asset Map Chronic** psychology Disease Master's students (Part 2 of 2) Women, Infants and Children (CCPHSD) Breastfeeding Nutritional/activity counseling **Alliance for Healthier Generation** Community foods-kids Connect resources to schools Provide professional development training in areas of physical activity **Flagstaff Dental Clinics** and nutrition Community **Health Choice** Low Cost Work with schools **Health Action Integrated Care, Network (CHAN)** on-line and on-site Northern Arizona University North Country, On-site-Navajo Nation and Advocacy, Cameron A3 Healthy Living surrounding schools along **CCPHSD** education, 1st things 1st- Oral Health reservation Physical activity, network, blog Kids through age 5- all 1000 health county challenge Scale sheets HIV



## SOUTHERN REGION



# SOUTHERN REGION

Vera Clinic (Northern AZ Govt Employees) – employee clinic School Nurses

Psychology services

North Country HealthCare - Williams

- Health coaches
- Chronic disease mgt
- Primary care medical home model
- Behavioral health intervention
- Visiting specialists cardiology, orthopedics
- Family health advocate

Assets for access to care

Coconino County Jail and Juvenile Detention

Catholic charities

Durable medical equipment

Community gardens

First Things First – Coconino and Navajo Councils

Crisis Response
Network (CRN)/Terros
– crisis response

Emerging issues such as medical marijuana/e-cigs

Flagstaff Metropolitan
Planning Organization
(FMPO)/NAIPTA/Northern AZ
Council of Governments
(NACOG) — enhancing
mobility for seniors, others

Asset Map Access to

United blood service

Part 1 of 2

Care

Flagstaff Medical Center

• Tele-urgent care/primary care 24/7

New urgent care

clinics

- Community paramedicine
- Expanded care mgt services
- Pathfinder health Accountable Care Organization (480+ provider network)
- Meds @ the Bedside
- Prevention Injury Group
- Community Care Network network for patients when get out of hospital
- Collaborative health demonstration project (in CCPHSD)
- Continuing Medical Education programs

Law enforcement entities: Flagstaff Police Department, Coconino County Sheriff

Northern AZ Council of

Governments (NACOG) Area Agency on Aging

PUBLIC HEALTH SERVICES DISTRICT COCONINO COUNTY

Community Health Assessment Update 2016 - Slide 37

#### SOUTHERN Coconino County Jail REGION and Juvenile Detention **Family Food Center**

**Better Bucks** 

Vera Clinic (Govt **Employees**)

**Veterans Affairs clinics** 

Southwest Behavioral **Health Services** 

Assets for access to care

Affordable Care Act new employers offer coverage

University of Arizona – Cooperative Extension

Translational Health Research Initiative (THRIVE) – collaboration translational health research initiative - Northern Arizona University, National Institute of Health

**County Collective Impact Committee** 

Flagstaff Senior

Meadows

**Asset Map Access to** Care, Part 2 of 2

Sacred Peaks

Sunnyside neighborhood association

**Child-Family Support** Services

Mountain Heart Updates

> Northern AZ University Campus Health Service College of Health Professions Civic Service Institute Research Labs

Navajo Nation Department of Health

- Social hygiene program STD program
- Community health representative
- TB program
- Public Health Services District TB, STI Teen clinic
- NACOG Headstarts access to care, elderly programs, aging, teen pregnancy, support/transport meals on wheels

Pediatric sleep care

Health Choice Integrated Care

PUBLIC HEALTH SERVICES DISTRICT COCONINO COUNTY

Criminal Justice Coordinating Council

Flagstaff Athletic Center and other similar (Summit, YMCA)

Community Health Assessment Update 2016 - Slide 38



#### INTRODUCTION

Coconino County Demographics: U.S. Census American Community Survey 2014, extracted 12/23/15.

#### KEY HEALTH ISSUES

- Priority Area- Access to Healthcare:
  - Health Resources and Services Administration, Data Warehouse:
     <a href="http://datawarehouse.hrsa.gov/tools/DataByGeographyResults.aspx?geoTyp=County&geoCd=04005">http://datawarehouse.hrsa.gov/tools/DataByGeographyResults.aspx?geoTyp=County&geoCd=04005</a>
  - Children, adults without health insurance: <a href="http://www.arizonahealthmatters.org/modules.php?op=modload&name=NS-Indicator&file=indicator&iid=19041819">http://www.arizonahealthmatters.org/modules.php?op=modload&name=NS-Indicator&file=indicator&iid=19041819</a>
- <u>Priority Area Injuries</u>: Arizona Department of Health Services, Bureau of Public Health Statistics, death certificates: <a href="http://www.azdhs.gov/plan/menu/info/trend/index.php?pg=deaths">http://www.azdhs.gov/plan/menu/info/trend/index.php?pg=deaths</a>
- Priority Area Chronic Disease:
  - Mortality data from Arizona Department of Health Services, Bureau of Public Health Statistics, death certificates, Table 5e-12, 2013, <a href="http://www.azdhs.gov/plan/menu/info/trend/index.php?pg=deaths">http://www.azdhs.gov/plan/menu/info/trend/index.php?pg=deaths</a>
  - Obesity data from 2013 Arizona Behavioral Risk Factor Surveillance Survey via Arizona Health Matters, <a href="http://www.arizonahealthmatters.org/modules.php?op=modload&name=NS-">http://www.arizonahealthmatters.org/modules.php?op=modload&name=NS-</a>
     <a href="mailto:Indicator&file=indicator&iid=12386491">Indicator&file=indicator&iid=12386491</a>

PUBLIC HEALTH SERVICES DISTRICT

COCONINO COUNTY

 Coconino County Ranked 8<sup>th</sup> in AZ, County Ranked #1, and County Ranked #13: Robert Wood Johnson Foundation, 2016 County Health Rankings and Roadmap, http://www.countyhealthrankings.org/app/arizona/2016/overview

#### **MORTALITY**

- Leading Causes of Death in Coconino County, AZ Cancer, Heart Disease, Injuries, Lower Chronic Disease Deaths, Higher Rate of Injury Deaths for County VS. AZ, and Higher Rate of Injuries for County VS. AZ Children: Mortality data from Arizona Department of Health Services, Bureau of Public Health Statistics, death certificates, http://www.azdhs.gov/plan/menu/info/trend/index.php?pg=deaths
- <u>Increases in Alcohol-Induced, Accidental Poisoning Deaths</u>: Arizona Department of Health Services, Bureau of Public Health Statistics, death certificates, http://www.azdhs.gov/plan/menu/info/trend/index.php?pg=deaths
- Assault, Suicide, Substance Abuse Cause of Premature Mortality in County: Arizona Department of Health Services (ADHS), Bureau of Public Health Statistics, death certificates, 2014 data obtained directly from ADHS; not available on website at this time.

#### PREMATURE LOSS OF LIFE

• <u>Homicide, Suicide, Accidents are Causes of Premature Mortality</u>: Arizona Department of Health Services (ADHS), Bureau of Public Health Statistics, death certificates, 2014 data obtained directly from ADHS; not available on website at this time.

#### NATIVE AMERICAN HEALTH ISSUES

 <u>Native Americans- Premature Loss of Life</u>: Arizona Department of Health Services (ADHS), Bureau of Public Health Statistics, death certificates, 2014 data obtained directly from ADHS; not available on website at this time.



 Some Injury Deaths More Common for Native Americans: Mortality data from Arizona Department of Health Services, Bureau of Public Health Statistics, death certificates, <a href="http://www.azdhs.gov/plan/menu/info/trend/index.php?pg=deaths">http://www.azdhs.gov/plan/menu/info/trend/index.php?pg=deaths</a>

#### HEALTH PRIORITIES IDENTIFIED BY STAKEHOLDERS

• Results: Two meetings in November 2015 to discuss planning and updating of the Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP). Full description is on slide immediately following preceding Results slide.

#### PUBLIC HEALTH SYSTEM ASSETS BY REGION

Northern Region Assets for Chronic Illness, Northern Region Assets for Injury Prevention, Northern Region Assets for Access to Care, Southern Region Assets for Chronic Illness (Part 1 of 2), Southern Region Assets for Injury Prevention, Southern Region Assets for Access to Care, Two meetings in November 2015 among community stakeholders and partners to discuss planning and updating of the Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP).

